HEALTH - SCIENCE - SPIRIT

Walter Last

Author ~ Natural Therapist ~ Nutritionist

A Comprehensive Guide to Health and Wellbeing

CATEGORIES

All Categories& Articles
Basic Health Improvement
Diseases
Energies
Healing the Body
Healing the Emotions
Healing Foods
Healing the Mind
Healing with Sexual Energy
Spirituality
Science & Spirituality

NEU!

Klicken Sie hier

für Artikel in

deutscher Sprache.

Read about
Walter Last's escape
from East Germany
in 1962.

Click here...

~ AN OVERVIEW ~

This site by Walter Last contains a very wide range of articles, essays and books that are useful to overcome specific diseases and improve health through natural, holistic, and spiritual healing methods.

Walter Last has devoted many years of research and knowledge into compiling this huge body of information on health and healing.

Take your time searching through the various categories to find the relevant information for your particular health issue/s.
The effort will be rewarding.

For more information go to About.

Of course, all of these areas overlap to some degree and hopefully, by studying this site you will end up integrating all of these into a unified understanding.

* * * * * * * * * * * * * *

Announcement
Death of Walter Last - April 1st 2021.
Click here...

* * * * * * * * * * * * * *

Read Walter Last's latest article on . . .

"BIOLOGICAL OXYGEN THERAPIES"

For the article as it appears in the February 2021 edition of **NEXUS** Magazine - **Click here...**

* * * * * * * * * * * * * *

***If you hope to find a magic bullet for your health problem go to:* Read This First.**

CLICK HERE FOR A LIST OF ALL ARTICLES

ATTENTION!

SELF-HELP BOOKS!

The Heal Yourself Series of the latest Books & eBooks by Walter Last

Heal Yourself-The Natural Way
Towards Radiant Health
Overcoming Arthritis
Overcoming Asthma
Overcoming Cancer
Overcoming Candida
Overcoming Diabetes
Overcoming Weight Problems

AVAILABLE AT...

www.the-heal-yourself-series.com

Click here for tips on the most beneficial times to drink Water.

Disclaimer: The aim of this web site is to provide information on using natural healing methods to aid in the treatment of illness and health improvement. The author cannot accept any legal responsibility for any problem arising from experimenting with these methods. For any serious disease, or if you are unsure about a particular course of action, seek the help of a competent health professional.

© Copyright Walter Last & Health-Science-Spirit. All Rights Reserved. | Web Design by Austpac.